

Dr. Katz's Courgette & Chicken Soup



**HEAD & NECK
CANCER FOUNDATION**



UTENSILS: A large saucepan (5 litres), wooden spoon, kitchen knife, chopping board and blender.

INGREDIENTS: Salt, bicarbonate of soda, cumin, saffron, chicken stock cube, 1 large red onion, 3 cloves of garlic, 10 tablespoons of olive oil, 2 or 3 potatoes, bouquet of chives, bouquet of parsley, 3 chicken breasts (300g) and 5 courgettes. In terms of quantities it is no more work to make enough for 10 people (or a good lot for the freezer) than it is to produce enough for a single serving for say 5 people.

TIME TO MAKE: Allow 30 minutes 'being busy' and a further 25 for cooking, stirring every 5 minutes.

METHOD:

Olive oil: put a generous 10 table spoons of oil in the bottom of the pan.

Onions: remove the skin, chop up and place in the pan.

Garlic: do the same for the garlic cloves.

Heat the pan so that the onions and garlic cook for 5 mins, stir occasionally.

Whilst the above is taking place, peel the potatoes and chop into cubes about the size of a sugar lump or larger.

Bouquet of parsley: slice only the leaves.

Bouquet of chives: slice the whole bouquet.

Courgette: wash and slice.

Chicken breast: chop into cubes.

Next, put all of the vegetables (courgette, potatoes, chives, and parsley) in the saucepan, with onions and garlic.

Add 2 and a half pinches of cooking salt and a pinch of sodium bicarbonate.

Put the cover on and leave cooking at a medium heat for about 10 at 15 minutes. Mix every 5 minutes.

Now add 1.5 litres of boiled water, place in the chicken breasts and the chicken stock cube, add ½ a teaspoon of cumin and a sprinkle of saffron.

Stir the pan to ensure all flavours are mixed.

Leave to cook for 1 hour with the cover on.

Take the pan off the heat and check inside. If too much liquid has evaporated then top the pan up with boiling water to reach 5 litres.

Put in blender and blend until the soup has a silky texture.

Place the soup in to containers and freeze.

When you defrost the soup, you must blend it again. If not the texture will not be silky.

That's it!